



GOVERNMENT OF THE VIRGIN ISLANDS OF THE UNITED STATES

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DEPARTMENT OF PLANNING AND NATURAL RESOURCES

4611 Tutu Park Mall
Suite 300, 2nd Floor
St. Thomas, VI 00802
(340) 774-3320

45 Mars Hill, Frederiksted
St. Croix, VI 00840
(340) 773-1082
dpnr.vi.gov



Office of the Commissioner

Contact: Jamal Nielsen, Media Relations Coordinator
jamal.nielsen@dpnr.vi.gov

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FOR IMMEDIATE RELEASE

DPNR HOSTS FREE YOGA AND NATURE WALK AT ESTATE GREAT POND ON DECEMBER 5

Commissioner Jean-Pierre L. Oriol of the Department of Planning and Natural Resources (DPNR) announces an exciting outdoor event hosted by the Division of Coastal Zone Management in partnership with Friends of the St. Croix East End Marine Park. Join us for *Yoga and Nature Walk* on Friday, December 5th at Estate Great Pond (former Camp Arawak site).

Event Schedule:

- Yoga: 8:30 a.m. – 9:30 a.m.
- Nature Walk: 9:45 a.m. – 10:30 a.m.

Start your morning with a gentle vinyasa yoga session led by the St. Croix East End Marine Park Outreach Coordinator, followed by a relaxed nature walk through the park. During the walk, participants will learn about local plants and wildlife, as well as upcoming initiatives to protect the island's natural resources.

This is an outdoor event, so advance registration is recommended. Please bring:

- A yoga mat or towel
- A water bottle
- Light, comfortable clothing

Details:

- Cost: Free
- Ages: 8 and up
- RSVP Required (space is limited)
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For more information call: (340) 718-3367 or email stxeempoutreach@dpnr.vi.gov
Or register online by searching "Yoga and Nature Walk" on Eventbrite.

Come connect with nature, move your body, and learn how we're working to preserve St. Croix's beautiful environment!